

Menlo College Men's Volleyball Program Handbook

2024–2025 | Purpose-Driven, People-Focused, Relentlessly Accountable

Executive Summary

The Menlo College Men's Volleyball Program is built upon the belief that character is the foundation of championship culture. We don't just develop players—we shape leaders through discipline, integrity, and relentless accountability. This handbook articulates how every aspect of our program—from academics to community service to competitive excellence—aligns with Menlo College's mission to ignite potential and prepare students to make meaningful contributions in the innovation economy.

Our athletes are held to a standard that reflects the values of Menlo Athletics: preparation, respect, teamwork, and growth. Through daily habits, consistent expectations, and a unified purpose, Menlo Volleyball becomes a co-curricular platform for personal, academic, and athletic transformation.

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1. Vision, Mission & Values

Vision

To become a model collegiate volleyball program that produces men of integrity, relentless work ethic, and competitive excellence.

Mission

To use volleyball as a developmental engine that prepares student-athletes to lead, serve, and excel—in the classroom, on the court, and in their communities.

Core Values

- **Accountability** – Own your role, actions, and results
 - **Resilience** – Grow through challenge
 - **Discipline** – Be early, prepared, and present
 - **Humility** – Serve others and stay coachable
 - **Team First** – We rise together
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2. Team Culture & Coaching Philosophy

Coach Todd emphasizes professional conduct, actionable communication, and an uncompromising approach to preparation. Our culture is built on mutual trust, open feedback, and a growth mindset. We play how we prepare, and we prepare with purpose.

We live by:

- **“No Whining. No Complaining.”**
 - **“Solutions over excuses.”**
 - **“You WILL play how you practice.”**
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3. Rules & Expectations

- Be early and engaged for every team activity
 - Attend all classes and practices unless excused
 - Complete Teamworks tasks and check-ins
 - Disrespectful or disruptive behavior = disciplinary action
 - No tolerance for illegal behavior, dishonesty, or poor effort
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4. Communication Standards

- Communicate early, honestly, and clearly
 - Email teachers, coaches, and trainers when missing activities
 - All logistics run through **Teamworks**
 - Communication includes body language, tone, and listening
 - Encourage teammates, provide actionable feedback, and build trust
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5. Academic Accountability

- Team GPA Goal: **3.2**
 - Study Hall: 4+ hrs/week for GPAs < 3.0
 - GPA < 2.0 = no travel or competition
 - No class = no training or volleyball that day
 - Introduce yourself to professors and manage your class schedule proactively
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6. Practice & Open Gym

Expectations:

- Maximum effort every rep
 - Play with purpose, not ego
 - Learn from mistakes—growth mindset
 - Be gritty, resilient, and coachable
 - Open, constructive feedback always welcome
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7. Strength & Conditioning

Fall Training Schedule:

- M/W/F: Lifting (12:45–1:45 PM)
- T: Agility/Conditioning
- Th: Mental skills, mobility, film (with Dr. Zack)

Expectations:

- Prioritize team workouts over all outside activities
 - Maintain consistent sleep, hydration, and nutrition
 - PRR (Positive Routine Repetition) = long-term gains
 - Accountability tracked by Coach Tatum and Dr. Zack
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8. Conduct, Integrity & Representation

- Hold yourself and teammates accountable
- Represent Menlo positively on campus and in public
- Make responsible social media choices
- Violations = conditioning, suspension, or removal from team
- We protect our culture by upholding high standards daily

9. Drugs & Alcohol Policy

Alcohol (Under 21):

- Violation 1: Conditioning + Volunteering
- Violation 2: 5-day suspension
- Violation 3: Dismissal

Marijuana (Under 21):

- Same tiered policy as alcohol

Illegal Drugs:

- Violation 1: Suspension + Education
- Violation 2: Dismissal

21 & Over:

- Use responsibly; still expected to uphold team image and culture
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10. Campus Involvement & Community Impact

We give back and show up—for our school and for each other.

- Participate in student government, clubs, and beach volleyball events
 - Support game day promotions and team marketing
 - Log 20+ service hours via **Helper Helper App**
 - (e.g., 2nd Harvest, food drives, Menlo-hosted events)
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11. Travel & Team Logistics

- Vans and flights leave ON TIME
 - Missed transportation = arrange your own travel
 - Travel gear = Menlo Volleyball only
 - Coordinate class conflicts with coaches early
 - Plan your schedule like a professional
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12. Alignment with Menlo Learning Outcomes

Outcome	Volleyball Application
Critical Thinking	In-match adjustments, tactical decisions

Outcome	Volleyball Application
Communication	Peer feedback, coach dialogue, public conduct
Ethical Reasoning	Drug-free, class attendance, team integrity
Teamwork	Practice collaboration, travel logistics, support
Leadership	Accountability, initiative, example-setting

13. Conclusion: Playing with Purpose

Menlo Men's Volleyball is a standard—not a slogan. We hold ourselves to it because we believe in it. Everything we do—from practice reps to class behavior—reflects our commitment to becoming better men, better teammates, and better leaders.

This handbook isn't just a set of rules—it's a contract with each other to be **who we say we are**. When we train with purpose, compete with pride, and live with integrity, we don't just represent Menlo—we become the reason others believe in it.